

Mental exercise

Test your understanding. Match the letter of the appropriate exercise type with each description below. Answers will be published in an upcoming issue of the *Hanford Reach*.

A=Aerobic

S=Strength

F=Flexibility

- ___ 1. Also called "cardiovascular conditioning," because it strengthens the heart
- ___ 2. Arm stretches
- ___ 3. Brisk walking
- ___ 4. Calf stretches
- ___ 5. Cross-country skiing
- ___ 6. Helps prevent injuries
- ___ 7. Helps prevent stiffness
- ___ 8. Important for back strength
- ___ 9. Improves joint mobility
- ___ 10. Increases bone density
- ___ 11. Increases your stamina
- ___ 12. It's good for your cholesterol count
- ___ 13. Makes your heart beat fast
- ___ 14. Makes your heart work more efficiently
- ___ 15. Push-ups
- ___ 16. Quadriceps stretch
- ___ 17. Rowing
- ___ 18. Running
- ___ 19. Shoulder roll
- ___ 20. Sit-ups
- ___ 21. Strengthens bones
- ___ 22. Strengthens muscles
- ___ 23. Swimming
- ___ 24. Weightlifting.

This test is worth 8 points for "Make Your Move" participants. Complete the test, cut it out, add your name, employer and Hanford Identification Number and mail it to: Judi Staley, HEHF Health Education Services, H1-04

Submitted By _____

Hanford ID No. _____

Employer _____